

Full Report (All Nutrients) 19234, Puddings, tapioca, ready-to-eat, fat free

Report Date:October 08, 2015 07:26 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets**Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor:4 Nitrogen to Protein Conversion Factor:6.25**

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 container refrigerated 4 oz 112g |
|-----------------------------------|------|------------------------|----------------|------------|--|
| Proximates | | | | | |
| Water ¹ | g | 76.25 | 1 | -- | 85.40 |
| Energy | kcal | 94 | -- | -- | 105 |
| Energy | kJ | 394 | -- | -- | 441 |
| Protein ¹ | g | 1.44 | 1 | -- | 1.61 |
| Total lipid (fat) ¹ | g | 0.35 | 1 | -- | 0.39 |
| Ash ¹ | g | 0.64 | 1 | -- | 0.72 |
| Carbohydrate, by difference | g | 21.31 | -- | -- | 23.87 |
| Fiber, total dietary ¹ | g | 0.0 | 1 | -- | 0.0 |
| Sugars, total ¹ | g | 14.18 | 1 | -- | 15.88 |
| Minerals | | | | | |
| Calcium, Ca ¹ | mg | 52 | 1 | -- | 58 |
| Iron, Fe ¹ | mg | 0.11 | 1 | -- | 0.12 |
| Magnesium, Mg ¹ | mg | 5 | 1 | -- | 6 |
| Phosphorus, P ¹ | mg | 66 | 1 | -- | 74 |
| Potassium, K ¹ | mg | 70 | 1 | -- | 78 |
| Sodium, Na ¹ | mg | 187 | 1 | -- | 209 |
| Zinc, Zn ¹ | mg | 0.17 | 1 | -- | 0.19 |
| Copper, Cu ¹ | mg | 0.018 | 1 | -- | 0.020 |
| Manganese, Mn ¹ | mg | 0.011 | 1 | -- | 0.012 |
| Selenium, Se ¹ | µg | 0.0 | 1 | -- | 0.0 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.3 | -- | -- | 0.3 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 container refrigerated oz 112g |
|---|------|------------------------|----------------|------------|--|
| Thiamin ¹ | mg | 0.013 | 1 | -- | 0.015 |
| Riboflavin ¹ | mg | 0.075 | 1 | -- | 0.084 |
| Niacin ¹ | mg | 0.101 | 1 | -- | 0.113 |
| Pantothenic acid ¹ | mg | 0.030 | 1 | -- | 0.034 |
| Vitamin B-6 ¹ | mg | 0.020 | 1 | -- | 0.022 |
| Folate, total | µg | 2 | -- | -- | 2 |
| Folic acid | µg | 0 | -- | -- | 0 |
| Folate, food | µg | 2 | -- | -- | 2 |
| Folate, DFE | µg | 2 | -- | -- | 2 |
| Choline, total | mg | 6.5 | -- | -- | 7.3 |
| Vitamin B-12 ¹ | µg | 0.31 | 1 | -- | 0.35 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 |
| Vitamin A, RAE | µg | 0 | -- | -- | 0 |
| Retinol | µg | 0 | -- | -- | 0 |
| Carotene, beta ¹ | µg | 0 | 1 | -- | 0 |
| Carotene, alpha ¹ | µg | 0 | 1 | -- | 0 |
| Cryptoxanthin, beta ¹ | µg | 0 | 1 | -- | 0 |
| Vitamin A, IU | IU | 1 | -- | -- | 1 |
| Lycopene ¹ | µg | 0 | 1 | -- | 0 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | 0 |
| Vitamin E (alpha-tocopherol) ¹ | mg | 0.01 | 1 | -- | 0.01 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 |
| Tocopherol, beta ¹ | mg | 0.00 | 1 | -- | 0.00 |
| Tocopherol, gamma ¹ | mg | 0.01 | 1 | -- | 0.01 |
| Tocopherol, delta ¹ | mg | 0.00 | 1 | -- | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 |
| Vitamin D3 (cholecalciferol) | µg | 0.0 | -- | -- | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 |
| Vitamin K (phylloquinone) ¹ | µg | 0.0 | 1 | -- | 0.0 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 0.122 | -- | -- | 0.137 |
| 4:0 | g | 0.007 | -- | -- | 0.008 |
| 6:0 | g | 0.001 | -- | -- | 0.001 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 container refrigerated oz 112g |
|------------------------------------|------|------------------------|----------------|------------|--|
| 8:0 ¹ | g | 0.000 | 1 | -- | 0.000 |
| 10:0 ¹ | g | 0.000 | 1 | -- | 0.000 |
| 12:0 ¹ | g | 0.000 | 1 | -- | 0.000 |
| 14:0 ¹ | g | 0.002 | 1 | -- | 0.002 |
| 15:0 ¹ | g | 0.000 | 1 | -- | 0.000 |
| 16:0 ¹ | g | 0.014 | 1 | -- | 0.016 |
| 17:0 ¹ | g | 0.000 | 1 | -- | 0.000 |
| 18:0 ¹ | g | 0.105 | 1 | -- | 0.118 |
| 20:0 ¹ | g | 0.001 | 1 | -- | 0.001 |
| 22:0 ¹ | g | 0.000 | 1 | -- | 0.000 |
| Fatty acids, total monounsaturated | g | 0.012 | -- | -- | 0.013 |
| 14:1 ¹ | g | 0.000 | 1 | -- | 0.000 |
| 15:1 ¹ | g | 0.000 | 1 | -- | 0.000 |
| 16:1 undifferentiated ¹ | g | 0.000 | 1 | -- | 0.000 |
| 17:1 ¹ | g | 0.000 | 1 | -- | 0.000 |
| 18:1 undifferentiated ¹ | g | 0.012 | 1 | -- | 0.013 |
| 20:1 ¹ | g | 0.000 | 1 | -- | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.002 | -- | -- | 0.002 |
| 18:2 undifferentiated ¹ | g | 0.002 | 1 | -- | 0.002 |
| 18:3 undifferentiated ¹ | g | 0.000 | -- | -- | 0.000 |
| 18:3 n-3 c,c,c (ALA) ¹ | g | 0.000 | 1 | -- | 0.000 |
| 18:3 n-6 c,c,c ¹ | g | 0.000 | 1 | -- | 0.000 |
| 18:4 | g | 0.000 | -- | -- | 0.000 |
| 20:2 n-6 c,c ¹ | g | 0.000 | 1 | -- | 0.000 |
| 20:3 undifferentiated ¹ | g | 0.000 | 1 | -- | 0.000 |
| 20:4 undifferentiated ¹ | g | 0.000 | 1 | -- | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 |
| Cholesterol | mg | 1 | -- | -- | 1 |
| Other | | | | | |

| Nutrient | Unit | 1 | Data points | Std. Error | 1 container refrigerated | 4 |
|----------------|------|-------------------|-------------|------------|--------------------------|------------|
| | | Value Per100 g | | | oz 112g | oz 112g |
| Alcohol, ethyl | g | 0.0 | -- | -- | | 0.0 |
| Caffeine | mg | 0 | -- | -- | | 0 |
| Theobromine | mg | 0 | -- | -- | | 0 |

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7d, 2002 Beltsville MD